

Statistics Report 09316, Strawberries, raw
Report Date: July 10, 2017 06:47 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water 1 2 3 4 5 7 8	g	90.95	23	0.214	88.1	92.6	6.0	90.43	91.476	7	Analytical or derived from analytical	--	04/2003
Energy	kcal	32	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
Energy	kJ	136	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
Protein 1 2 3 4 5	g	0.67	19	0.026	0.51	0.89	4.0	0.596	0.74	5	Analytical or derived from analytical	--	04/2003
Total lipid (fat) 1 2 3 4 5	g	0.30	15	0.047	0.13	0.5	4.0	0.173	0.436	5	Analytical or derived from analytical	--	04/2003
Ash 1 2 3 4 5	g	0.40	19	0.021	0.25	0.49	4.0	0.337	0.456	5	Analytical or derived from analytical	--	04/2003
Carbohydrate, by difference	g	7.68	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
Fiber, total dietary 1 2 3 4 5 8 9	g	2.0	21	0.152	1.1	2.8	6.0	1.624	2.366	7	Analytical or derived from analytical	--	04/2003
Sugars, total	g	4.89	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Sucrose 2 3 6 7	g	0.47	15	0.328	0	1.6	3.0	-0.572	1.514	4	Analytical or derived from analytical	--	05/2006
Glucose (dextrose) 2 3 5 6 7	g	1.99	16	0.194	1.2	2.95	4.0	1.447	2.524	5	Analytical or derived from analytical	--	05/2006
Fructose 2 3 5 6 7	g	2.44	16	0.198	1.24	3.28	4.0	1.889	2.987	5	Analytical or derived from analytical	--	05/2006
Lactose 2 3 6	g	0.00	12	0.000	0	0	--	--	--	3	Analytical or derived from analytical	--	05/2006
Maltose 2 3 6	g	0.00	12	0.000	0	0	--	--	--	3	Analytical or derived from analytical	--	05/2006
Galactose 2 3 6	g	0.00	10	0.000	0	0	--	--	--	3	Analytical or derived from analytical	--	05/2006
Starch 2 3	g	0.04	8	0.029	0	0.24	3.0	-0.046	0.136	2	Analytical or derived from analytical	--	02/2003
Minerals													
Calcium, Ca 2 3 4 6 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27	mg	16	73	0.562	8	24	21.0	14.49	16.829	22	Analytical or derived from analytical	--	05/2006
Iron, Fe 2 3 4 6 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27	mg	0.41	77	0.026	0.11	0.8	21.0	0.356	0.465	22	Analytical or derived from analytical	--	05/2006
Magnesium, Mg 2 3 4 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27	mg	13	74	0.222	8	18	20.0	12.082	13.009	21	Analytical or derived from analytical	--	04/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Phosphorus, P 2 3 4 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27	mg	24	73	0.720	9	39	20.0	22.737	25.742	21	Analytical or derived from analytical	--	04/2003
Potassium, K 1 2 3 4 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27	mg	153	76	4.073	77	207	21.0	144.815	161.757	22	Analytical or derived from analytical	--	05/2003
Sodium, Na 1 3 4 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27	mg	1	72	0.100	0	2	20.0	0.848	1.264	21	Analytical or derived from analytical	--	05/2003
Zinc, Zn 2 3 4 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27	mg	0.14	74	0.013	0.06	0.59	20.0	0.108	0.163	21	Analytical or derived from analytical	--	04/2003
Copper, Cu 2 4 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27	mg	0.048	70	0.004	0.01	0.14	19.0	0.04	0.056	20	Analytical or derived from analytical	--	04/2003
Manganese, Mn 2 3 4 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27	mg	0.386	73	0.018	0.16	0.74	20.0	0.348	0.424	21	Analytical or derived from analytical	--	02/2003
Selenium, Se 3	µg	0.4	2	--	0.3	0.5	1.0	--	--	1	Analytical or derived from analytical	--	04/2003
Fluoride, F 28 29	µg	4.4	10	0.400	4	4.8	1.0	-0.683	9.483	2	Analytical or derived from analytical	--	05/2006
Vitamins													
Vitamin C, total ascorbic acid 1 2 4	mg	58.8	9	2.473	52.5	69.9	2.0	48.124	69.403	3	Analytical or derived from analytical	--	04/2003
Thiamin 2 3 4	mg	0.024	12	0.003	0.01	0.04	2.0	0.012	0.036	3	Analytical or derived from analytical	--	04/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Riboflavin 2 3 4	mg	0.022	12	0.008	0.01	0.05	2.0	-0.012	0.057	3	Analytical or derived from analytical	--	04/2003
Niacin 2 3 4	mg	0.386	12	0.037	0.25	0.53	2.0	0.226	0.545	3	Analytical or derived from analytical	--	04/2003
Pantothenic acid 2 3 4	mg	0.125	12	0.003	0.07	0.15	2.0	0.112	0.138	3	Analytical or derived from analytical	--	02/2003
Vitamin B-6 2 3 4	mg	0.047	12	0.012	0.03	0.08	2.0	-0.006	0.1	3	Analytical or derived from analytical	--	04/2003
Folate, total 30 31	µg	24	3	5.465	19	30	1.0	-44.974	93.904	2	Analytical or derived from analytical	--	04/2003
Folic acid	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	01/2001
Folate, food a	µg	24	3	5.465	19	30	1.0	-44.974	93.904	2	Analytical or derived from analytical	--	05/2006
Folate, DFE	µg	24	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
Choline, total 2	mg	5.7	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Betaine 2	mg	0.2	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Vitamin B-12	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Vitamin B-12, added	µg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Vitamin A, RAE 2 4	µg	1	6	0.031	0	1	1.0	0.197	0.991	2	Analytical or derived from analytical	--	05/2006
Retinol	µg	0	--	--	--	--	--	--	--	--	Assumed zero	--	06/2002
Carotene, beta 2 3 4	µg	7	8	0.220	3	12	2.0	6.135	8.032	3	Analytical or derived from analytical	--	02/2003
Carotene, alpha 2 3	µg	0	6	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	02/2003
Cryptoxanthin, beta 2 3	µg	0	6	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	02/2003
Vitamin A, IU 2 4	IU	12	6	0.625	5	20	1.0	3.934	19.816	2	Analytical or derived from analytical	--	05/2006
Lycopene 2 3	µg	0	6	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	02/2003
Lutein + zeaxanthin 2 3	µg	26	6	8.040	5	53	3.0	-0.077	52.744	2	Analytical or derived from analytical	--	02/2003
Vitamin E (alpha-tocopherol) 2 3	mg	0.29	8	0.024	0.19	0.44	5.0	0.221	0.349	2	Analytical or derived from analytical	--	03/2003
Vitamin E, added	mg	0.00	--	--	--	--	--	--	--	--	Assumed zero	--	09/2004
Tocopherol, beta 2 3	mg	0.01	8	0.002	0	0.01	3.0	0.003	0.015	2	Analytical or derived from analytical	--	02/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Tocopherol, gamma 2 3	mg	0.08	8	0.010	0.05	0.15	4.0	0.049	0.108	2	Analytical or derived from analytical	--	02/2003
Tocopherol, delta 2 3	mg	0.01	8	0.005	0	0.04	4.0	--	0.026	2	Analytical or derived from analytical	--	02/2003
Vitamin D (D2 + D3)	µg	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	11/2008
Vitamin D	IU	0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2009
Vitamin K (phylloquinone) 2 3 32	µg	2.2	9	0.290	1.5	4.2	4.0	1.357	2.984	3	Analytical or derived from analytical	--	02/2003
Lipids													
Fatty acids, total saturated	g	0.015	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
4:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
6:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
8:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
10:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
12:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
14:0	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
16:0	g	0.012	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
18:0	g	0.003	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Fatty acids, total monounsaturated	g	0.043	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
16:1 undifferentiated	g	0.001	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
18:1 undifferentiated	g	0.042	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
20:1	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
22:1 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Fatty acids, total polyunsaturated	g	0.155	--	--	--	--	--	--	--	--	Calculated or imputed	--	05/2006
18:2 undifferentiated	g	0.090	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
18:3 undifferentiated	g	0.065	2	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
18:4	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
20:4 undifferentiated	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
20:5 n-3 (EPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
22:5 n-3 (DPA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
22:6 n-3 (DHA)	g	0.000	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	05/2006
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Cholesterol	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	08/1982
Phytosterols	mg	12	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/1982
Amino Acids													
Tryptophan	g	0.008	--	--	--	--	--	--	--	--	Analytical or derived from analytical	09318	03/2003
Threonine	g	0.020	--	--	--	--	--	--	--	--	Analytical or derived from analytical	09318	03/2003
Isoleucine	g	0.016	--	--	--	--	--	--	--	--	Analytical or derived from analytical	09318	03/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Leucine	g	0.034	--	--	--	--	--	--	--	--	Analytical or derived from analytical	09318	03/2003
Lysine	g	0.026	--	--	--	--	--	--	--	--	Analytical or derived from analytical	09318	03/2003
Methionine	g	0.002	--	--	--	--	--	--	--	--	Analytical or derived from analytical	09318	03/2003
Cystine	g	0.006	--	--	--	--	--	--	--	--	Analytical or derived from analytical	09318	03/2003
Phenylalanine	g	0.019	--	--	--	--	--	--	--	--	Analytical or derived from analytical	09318	03/2003
Tyrosine	g	0.022	--	--	--	--	--	--	--	--	Analytical or derived from analytical	09318	03/2003
Valine	g	0.019	--	--	--	--	--	--	--	--	Analytical or derived from analytical	09318	03/2003
Arginine	g	0.028	--	--	--	--	--	--	--	--	Analytical or derived from analytical	09318	03/2003
Histidine	g	0.012	--	--	--	--	--	--	--	--	Analytical or derived from analytical	09318	03/2003
Alanine	g	0.033	--	--	--	--	--	--	--	--	Analytical or derived from analytical	09318	03/2003

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Aspartic acid	g	0.149	--	--	--	--	--	--	--	--	Analytical or derived from analytical	09318	03/2003
Glutamic acid	g	0.098	--	--	--	--	--	--	--	--	Analytical or derived from analytical	09318	03/2003
Glycine	g	0.026	--	--	--	--	--	--	--	--	Analytical or derived from analytical	09318	03/2003
Proline	g	0.020	--	--	--	--	--	--	--	--	Analytical or derived from analytical	09318	03/2003
Serine	g	0.025	--	--	--	--	--	--	--	--	Analytical or derived from analytical	09318	03/2003
Other													
Alcohol, ethyl	g	0.0	--	--	--	--	--	--	--	--	Assumed zero	--	02/2003
Caffeine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2003
Theobromine	mg	0	--	--	--	--	--	--	--	--	Assumed zero	--	03/2003
Flavonoids													
Anthocyanidins													
Cyanidin 37 38 39 40 41 42 43 44 45 46 47 48	mg	1.68	156	0.06	0	9.38	--	--	--	--	--	--	--
Petunidin 41 42 48	mg	0.1	--	0.11	0	0.95	--	--	--	--	--	--	--
Delphinidin 39 41 42	mg	0.3	--	0.29	0	2.6	--	--	--	--	--	--	--
Malvidin 41 42	mg	0.0	--	0.01	0	0.09	--	--	--	--	--	--	--
Pelargonidin 37 38 40 41 42 43 44 45 46 47 48	mg	24.9	151	0.7	5.91	57.49	--	--	--	--	--	--	--
Peonidin 41 42	mg	0.1	--	0.05	0	0.44	--	--	--	--	--	--	--
Flavan-3-ols													
(+)-Catechin 41 43 45 49 50 51 52 53	mg	3.1	--	0.19	0	5.7	--	--	--	--	--	--	--
(-)-Epigallocatechin 41 49 51	mg	0.8	--	0.35	0	4.31	--	--	--	--	--	--	--
(-)-Epicatechin 41 43 45 49 50 51 53	mg	0.4	--	0.13	0	2.2	--	--	--	--	--	--	--
(-)-Epicatechin 3-gallate 41 49 51	mg	0.1	--	0.03	0	0.66	--	--	--	--	--	--	--

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
(-)-Epigallocatechin 3-gallate 41 49 51	mg	0.1	--	0.07	0	0.73	--	--	--	--	--	--	--
(+)-Galocatechin 41 49 51	mg	0.0	--	0.01	0	0.12	--	--	--	--	--	--	--
Flavanones													
Hesperetin 41	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Naringenin 41 52	mg	0.3	--	0.26	0	1.81	--	--	--	--	--	--	--
Flavones													
Apigenin 39 41 54 55 56	mg	0.0	--	0	0	0.01	--	--	--	--	--	--	--
Luteolin 39 41 54 55 56 57	mg	0.0	--	0	0	0.02	--	--	--	--	--	--	--
Flavonols													
Isorhamnetin 43	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Kaempferol 37 39 43 45 46 47 50 52 54 55 56 57 58 59 60 61 62	mg	0.5	135	0.01	0	2.3	--	--	--	--	--	--	--
Myricetin 39 41 54 56 57 59 62	mg	0.0	--	0.04	0	0.98	--	--	--	--	--	--	--
Quercetin 37 39 41 43 45 47 50 52 54 55 56 57 58 59 60 61 62	mg	1.1	118	0.04	0	4.4	--	--	--	--	--	--	--
Isoflavones													
Daidzein 63 64 65 66	mg	0.00	--	0	0	0	--	--	--	--	--	--	--
Genistein 63 64 65 66	mg	0.00	--	0	0	0	--	--	--	--	--	--	--
Glycitein 66	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Total isoflavones 63 64 65 66	mg	0.00	--	0	0	0.01	--	--	--	--	--	--	--
Formononetin	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Coumestrol	mg	0.00	--	--	0	0	--	--	--	--	--	--	--
Proanthocyanidin													
Proanthocyanidin dimers 33 34 35 36	mg	5.2	--	2.27	0	8.7	--	--	--	--	--	--	--
Proanthocyanidin trimers 33 34 35	mg	5.7	--	2.23	0.5	9.4	--	--	--	--	--	--	--
Proanthocyanidin 4-6mers 34 35	mg	23.3	--	8.94	10.5	38.95	--	--	--	--	--	--	--
Proanthocyanidin 7-10mers 34 35	mg	16.9	--	10.83	0.55	28.84	--	--	--	--	--	--	--
Proanthocyanidin polymers (>10mers) 34 35	mg	54.2	--	33.83	3.8	97.81	--	--	--	--	--	--	--

Sources of Data

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Footnotes

^a Value based on the analysis of 5-methyltetrahydrofolate